

# Big Five Personality Traits Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1 - Not at all, 2 - Rarely, 3 - Sometimes; 4 Oftentimes; 5 - Very often

Trait	Statement	1	2	3	4	5
<b>Open to experience</b>	I am open to new experiences and enjoy trying new things.					
	I am imaginative and have a rich inner life.					
	I am adventurous and seek out new experiences.					
<b>Conscientiousness</b>	I am thorough and pay attention to detail.					
	I am responsible and dependable.					
	I am organized and like to keep things tidy.					
<b>Extraversion</b>	I am talkative and enjoy being around others.					
	I am outgoing and enjoy being the center of attention.					
	I am sociable and make friends easily.					
<b>Agreeableness</b>	I am considerate and care about other people's feelings.					
	I am compassionate and empathetic towards others.					
	I am cooperative and work well with others.					
<b>Neuroticism</b>	I am easily stressed and worry about things.					
	I am easily upset and prone to mood swings					

**Once you have completed the test, you can interpret your scores as follows:**

## Openness to experience

- **High score (11-15):** This indicates that you are open to new experiences, enjoy trying new things, and have a rich inner life. You are likely imaginative, curious, and creative.
- **Low score (0-10):** This indicates that you may prefer routine and familiarity, and may be more traditional and conventional in your thinking. You may be more practical and down to earth.

## Conscientiousness

- **High score (11-15):** You are responsible, dependable, and pay attention to detail. You are likely organized and self-disciplined.
- **Low score (0-10):** You may be more impulsive, spontaneous, and disorganized. You may struggle with procrastination and following through on commitments.

## Extraversion

- **High score (11-15):** You are outgoing, sociable, and enjoy being around others. You may be energetic, talkative, and assertive.
- **Low score (0-10):** You may be more reserved and introverted, preferring to spend time alone or with a small group of close friends. You may be more reflective and introspective.

## Agreeableness

- **High score (11-15):** You are considerate, compassionate, and caring about other people's feelings. You may be more cooperative and empathetic.
- **Low score (0-10):** You may be more independent and self-focused and may prioritize your own needs over others. You may be more competitive and assertive.

## Neuroticism

- **High score (11-15):** You may be more prone to worry, anxiety, and mood swings. You may be more sensitive to stress and have a greater emotional response to events.
- **Low score (0-10):** You may be more emotionally stable, resilient, and able to cope with stress. You may be more calm and more relaxed in difficult situations.

## Disclaimer

No single score is "good" or "bad" - each trait has its strengths and weaknesses, and a balanced personality incorporates aspects of all five traits.

This test is also **NOT a diagnostic tool** and is designed for educational purposes only. Please reach out to a licensed mental health professional to discuss any concerns or questions you may have regarding mental health or personality.

## Additional notes